



Heart Disease & Stroke Prevention

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<http://idph.iowa.gov/hdsp>

Promoting & Protecting the Health of Iowans



Iowa contributes towards the Million Hearts® Initiative goal of preventing one million heart attacks and strokes by 2017.

On April 15, 2014, 26 stakeholders from around the state met in Des Moines for a day-long workshop that focused on increasing awareness of the national Million Hearts® Initiative and introducing participants to Million Hearts® recommended components and strategies along with Million Hearts® activities being conducted across Iowa. A work group of interested individuals worked to develop an Iowa Million Hearts® Action Plan that was finalized in November 2014. Partners that developed the Action Plan met again in November 2015 to review progress on goals, objectives and activities. Annual meetings will be held to monitor progress and determine needed changes to the plan over time. Learn more about Million Hearts® at <http://millionhearts.hhs.gov/index.htm>.

Did you know? Heart disease is the #1 killer and stroke is the #4 killer of Iowa men and women.

Why is Heart Disease and Stroke programming important to promoting and protecting the health of Iowans?

Heart disease and stroke deaths remain leading causes of death.

- In 2014, 6,509 Iowans died of heart disease, the leading cause of death in the state.
- Another 1,408 Iowans died from stroke, the fourth leading cause of death in the state.
- Deaths from heart disease and stroke combined, accounted for 27% of deaths in Iowa.
- In 2014, 4,431 deaths, 68.1% of heart disease deaths, were due to coronary heart disease (CHD):
 - This was a death rate (age-adjusted) of 146 per 100,000 for men and 75 per 100,000 for women; 95% higher for men than women;
 - In total, this was a age adjusted CHD death rate of 106 deaths per 100,000 Iowans, and a stroke death rate of 33 deaths per 100,000 Iowans;
- The Healthy People 2020 goal is to reduce the CHD death rate to 101 per 100,000 and the stroke death rate to 34 per 100,000, respectively.

Which Iowa Public Health Goals are we working to achieve?

Strengthen the public health infrastructure

Promote healthy behaviors

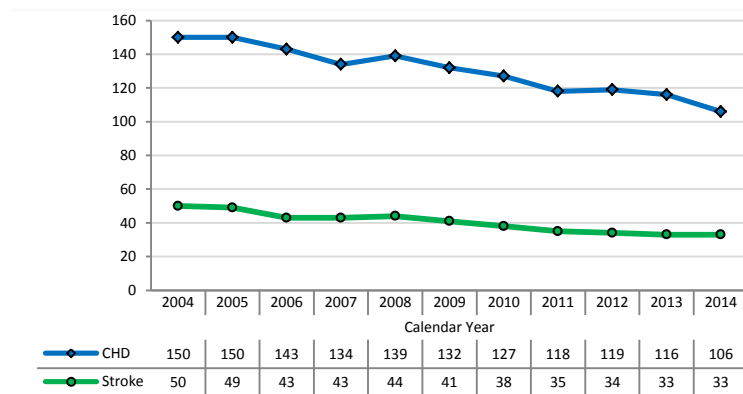
What do we do?

The **Health Promotion and Chronic Disease Control Partnership** partners the IDPH with many private and public organizations, health systems and community organizations to plan, implement and report on state-wide heart disease and stroke prevention activities. With current CDC funding, the IDPH is working with Iowa's health systems to improve the quality of patient screening, education and care. This entails prioritizing work with patients to control high blood pressure through care coordination, team-based care approaches, appropriate utilization of electronic health records, patient self-monitoring, and reporting of clinical and hospital performance measures that will demonstrate improvements over time.

WISEWOMAN (Well-Integrated Screening and Evaluation for **Women** Across the **Nation**) provides services to Iowa women through the *Care for Yourself* Breast and Cervical Cancer program in specific population areas. WISEWOMAN provides health screenings associated with heart disease and stroke risk factors (i.e. height/weight, blood pressure, glucose, and cholesterol readings). A new grant period for WISEWOMAN began in 2013/2014 and will be available in eight regions covering over 44 counties across the state. The program will provide screening services for up to 900 women during Year3. IDPH is partnering with Weight Watchers and other community organizations that are designed to promote lasting, healthy lifestyle changes.

How do we measure our progress?

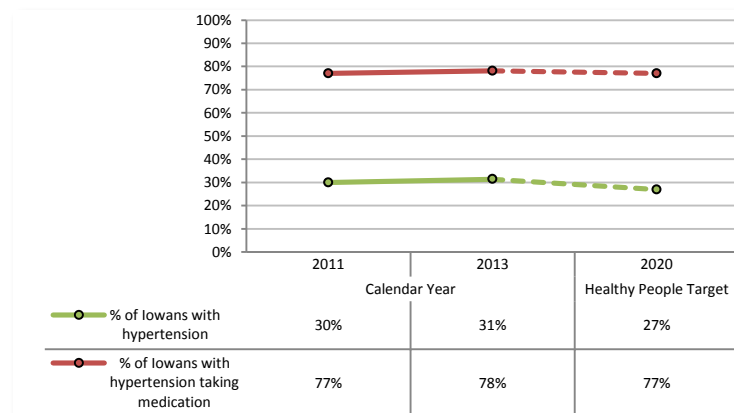
1 Age-Adjusted coronary heart disease (CHD) & stroke death rate (per 100,000 Iowans).



Data Source: Mortality Data, Vital Records, Iowa Department of Public Health. Data are available annually.

How are we doing? Coronary heart death rate decreased by 29% in the last ten years to 106 per 100,000 Iowans in 2014 from 150 per 100,000 Iowans in 2004. Stroke death rate decreased by 34% in the last ten years to 33 per 100,000 Iowans in 2014 from 50 per 100,000 Iowans in 2004.

2 Percent of Iowans with hypertension taking medication to lower it.



Data Source: BRFSS, no data for 2014

How are we doing? In 2013, 31.4% of all respondents reported ever being told they had high blood pressure. This hypertension figure is higher than the 29.9% reporting high blood pressure found in 2011. *The Healthy People 2020* goal for high blood pressure is 26.9%. This is less than what is currently the case in Iowa (31.4%).

In 2013, 0.5% reported being told they had borderline or pre-hypertension, which is lower than the 0.9% reported in 2011.

Of those reporting high blood pressure in 2013, 78.1% reported taking medication for their condition. This is higher than the 77% reported in 2011.

The Healthy People 2020 goal is for 77.4% of people with high blood pressure taking medication to lower it. Iowa's current figure was 78.1%, which is higher than the *Healthy People 2020* goal.

What can policymakers do?

1. Invest in evidence-based prevention which is less costly than treatment.
2. Use public policy to instill heart-healthy habits in children.
3. Limit tobacco use.
4. Promote early identification and treatment of high blood pressure and cholesterol.
5. Support sodium reduction efforts; engage food manufacturers and restaurants in voluntarily reducing sodium in their products.
6. Promote access to the healthcare system for all.

What can healthcare providers do?

1. Use electronic health records to identify and support patients who have high blood pressure or cholesterol and who need help quitting smoking.
2. Refer patients to community resources, such as smoking quitlines and blood pressure self-management programs.
3. Track patient progress on the **ABCS** of heart health—Appropriate Aspirin Use, Blood Pressure Control, Cholesterol Management, and Smoking Cessation.

What can communities do?

1. Participate in coalitions and advisory groups that engage public health policy.
2. Seek policies and programs that help individuals make healthy lifestyle choices.
3. Promote or volunteer to increase rapid response and quality systems of care for heart attack and stroke.

What can Iowans do to help?

1. Know your health numbers (including blood pressure, blood cholesterol, and blood glucose levels).
2. Increase your amount of physical activity each day.
3. Eat moderate portion-sizes of fresh fruits, vegetables, whole grains, lean-meats and low-fat dairy products.
4. Reduce your sodium intake.
5. Know the symptoms of a heart attack and a stroke – and know when to call 9-1-1.

Expenditures

Federal funds: 0153-0420/0728(30%)/0760

	State Fiscal Year 2014 Actual	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$431,566	\$1,037,302	\$1,562,883
Other	\$2,500	\$0	\$0
Total funds	\$434,066	\$1,037,302	\$1,562,883
FTEs	1.54	3.84	5.20

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.